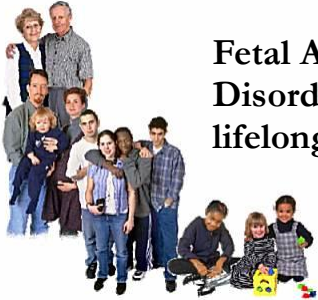




National Organization on Fetal Alcohol Syndrome

Helping children & families by fighting the leading known cause of mental retardation & birth defects

FASD INTERVENTION



Fetal Alcohol Spectrum Disorders (FASD) have lifelong implications.

FASD Throughout the Lifespan

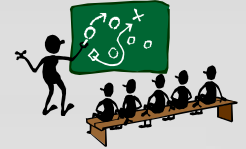
- ♦ **Infants:** low birth weight; irritability; sensitivity to light, noises and touch; poor sucking; slow development; poor sleep-wake cycles; increased ear infections.
- ♦ **Toddlers:** poor memory capability, hyperactivity, lack of fear, no sense of boundaries, need for excessive physical contact.
- ♦ **Grade-school years:** short attention span, poor coordination, difficulty with both fine and gross motor skills.
- ♦ **Older children:** trouble keeping up with school, low self-esteem from recognizing they are different from their peers.
- ♦ **Teenagers:** poor impulse control, cannot distinguish between public and private behaviors, must be reminded of concepts on a daily basis.

Each individual with FASD will have unique physical, educational, social and medical needs.

Teachers, social workers, physicians and childcare providers are just some of the professionals that will need to use adapted strategies when assisting individuals with FASD. These professional should be educated about the effects of FASD and possible interventions.

Strategies for Living

Individuals with FASD can benefit from:



- ♦ Consistent routines;
- ♦ Limited stimulation;
- ♦ Concrete language and examples;
- ♦ Multi-sensory learning (visual, auditory and tactile);
- ♦ Realistic expectations;
- ♦ Supportive environments; and
- ♦ Supervision.

There is still limited knowledge about the effectiveness of FASD interventions. Interventions currently being evaluated include:

- ♦ Individualized, supportive, behavioral consultations for parents and school staff (working with children ages 5 to 11);
- ♦ A school-based social communication intervention (for ages 8 to 12);
- ♦ Behavioral Regulation Training (for ages 3 to 9);
- ♦ Parent Child Interaction Therapy (for ages 2 to 7); and
- ♦ Parent-assisted social skills training (for ages 6 to 8)

More information available at www.cdc.gov/ncbddd/fas/intervening.htm

Pharmaceutical Intervention

Medication maybe necessary and should be considered when developing a treatment plan. Medication may be able to mitigate some symptoms of FASD, including impulsivity, hyperactivity, oppositional behavior, and sleep disorders.

Parent Support

Individuals with FASD and the families who care for them depend on social networks as a source of support and encouragement.

NOFAS maintains listings of parents, parent support groups and FASD professionals who can help families caring for individuals with FASD at www.nofas.org.